Whether you’re hitting the mud or partying in the city Tough Mudder 5K is a fun run packed full of world-class obstacles, teamwork and fun.

If you didn’t want to train and instead just rock up and have the best day possible - you could. But the fact that you’ve downloaded this training guide suggests you’ve got some fitness goals or perhaps you just want to feel your absolute best as you take on obstacles with your friends.

Designed by our Official UK Trainer Born Barikor this Tough Mudder 5K training guide will get you course ready in just four weeks with a mixture of bodyweight exercises and jogging.

So grab your teammates, lace up your trainers and dive in - we’ll see you at the other end.
### Day 1
- **Dynamic Warm Up**: 20 secs each, 4 sets - Jumping Jacks, Leg Hamstring Swings
- **Park Bench Workout**: 20 secs on, 10 secs rest - Incline Mountain Climbers, Incline Push Ups
- **Bodyweight Workout**: 20 secs each, 4 sets - Hip Stretch, Knee to Chest Pulls, Hip Kicks

### Day 2
- **Dynamic Warm Up**: 20 secs each, 4 sets - Hip Stretch, Knee to Chest Pulls, High Kicks
- **Bodyweight Workout**: 20 secs on, 10 sec rest - Squat Thrusts, Backward Lunges, Frog Squat

### Day 3
- **Dynamic Warm Up**: 20 secs each, 4 sets - Hip Stretch, Push Ups, Hip Openers
- **Run**: 50% effort, 15 min jog

### Day 4
- **Dynamic Warm Up**: 20 secs each, 4 sets - High Knees, Squats, Lunges
- **Run**: 100% effort, 20m sprints x 10, Walk back recovery

### Day 5
- **Dynamic Warm Up**: 20 secs each, 4 sets - Lunge, Jump Squats, Jumping Jacks
- **Bodyweight Workout**: 20 secs on, 10 secs rest - Push ups, Leg Raises, Tuck Jumps

### Day 6
- **Dynamic Warm Up**: 20 secs each, 4 sets - Leg Swings, Jumping Jacks, Jumping Squats
- **Run**: 50% effort, 100% effort, 20m sprints x 10, Walk back recovery

### Day 7
- **Dynamic Warm Up**: 20 secs each, 4 sets - Quad Stretch, Squat with High Kick, Jumping Jacks
- **Run**: 100% effort, 40m sprint x 10, Walk back recovery

### Day 8
- **Dynamic Warm Up**: 20 secs each, 4 sets - Lunge, Jump Squats, Jumping Jacks
- **Run**: 50% effort, 100% effort, 20m sprints x 10, Walk back recovery

### Day 9
- **Dynamic Warm Up**: 20 secs each, 4 sets - Leg Swings, Jumping Jacks, Jumping Squats
- **Run**: 50% effort, 100% effort, 20m sprints x 10, Walk back recovery

### Day 10
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 11
- **Dynamic Warm Up**: 20 secs each, 4 sets - Hip Stretch, Leg Crossovers, Reverse Lunge
- **Run**: 75% effort, 30 min run

### Day 12
- **Dynamic Warm Up**: 20 secs each, 4 sets - High Knees, Squats, Lunges
- **Run**: 100% effort, 20m sprints x 10, Walk back recovery

### Day 13
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 14
- **Dynamic Warm Up**: 20 secs each, 4 sets - Hip Stretch, Leg Crossovers, Reverse Lunge
- **Run**: 75% effort, 30 min run

### Day 15
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 16
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 17
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 18
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 19
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 20
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 21
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 22
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 23
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 24
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 25
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 26
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 27
- **Dynamic Warm Up**: 20 secs each, 4 sets - Arm Swings, Run on the spot, Toe Touches
- **Run**: 100% effort, 80m sprint x 10, Walk back recovery

### Day 28
- **Event Day**: You made it! Have a blast taking on world-class obstacles with your mates.